

**YOUR PROCEDURE IS SCHEDULED ON:**

**AT**

Time given during pre-op call

**LOCATION:**

ASC (Alberty Surgical Center)

STV (Providence St. Vincent)

DSC (Downtown Surgical Center)

LGS (Legacy Good Samaritan)

**IMPORTANT:** Procedures scheduled at the ambulatory surgical center require a 14-day notice for cancellations. Appointments canceled with less than 14 days’ notice are subject to a \$400 missed surgery/late cancellation fee.

Procedures scheduled at an offsite hospital require a 30-day notice for cancellations. Appointments canceled with less than 30 days’ notice are subject to a \$400 missed surgery/late cancellation fee.

A surgery center nurse will call you about a week prior to your procedure to verify your information and confirm your arrival time. Your arrival time is subject to change due to equipment needs or the medical needs of other patients.

**Day of procedure:**

<p>If you <b>are not</b> having sedation:</p> <ul style="list-style-type: none"> <li>You may take your usual medication prior to your procedure, or as directed by your physician.</li> <li>You may begin a <b><u>CLEAR LIQUID DIET (see list on page 2)</u></b> after the enema prep until the time of your exam. <b>NO SOLID FOOD</b> until after your procedure</li> </ul>	<p>If you <b>are</b> having sedation:</p> <ul style="list-style-type: none"> <li>You may not have any food or liquid after midnight, including water.</li> <li>If you take a <u>blood thinner, diabetes medication, or a blood pressure medication</u>, please see instructions listed on page 3.</li> </ul>
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**Preparation for procedure:**

- No special diet is needed **prior** to your use of the enemas (unless given other instructions by your doctor).
- The GI scheduler will provide you with 2 enemas for your prep.
- Approximately 2 hours prior to your procedure, follow directions on the box and administer **ONE** of the two enemas.
- After you evacuate the material, repeat the same steps using the **SECOND** enema.

If the evacuated material is not clear, you may fill the bottle with warm water and repeat the enema to completely cleanse the lower bowel. When you are sure your lower bowel is clean, you may discard the bottle.

**What to expect during the procedure:**

- A thin lighted flexible scope is inserted into the rectum and then advanced slowly to examine the colon. You may experience some pressure and cramping with the procedure, but this is due to the air that is used to expand the colon to obtain good visualization.
- The exam usually takes about 5 – 10 minutes.
- The surgery center staff will explain what was observed after the exam and provide you with as much information as possible.

ACCEPTABLE		UNACCEPTABLE	
Broth	Sports drinks	Milk	ANY food or drink with red or purple colors
Jell-O	Vitamin water	Cream	
Popsicles	Plain coffee	Dairy products	
Soda	Plain tea	Soy/nut based dairy liquids	ALCOHOL
Apple juice	Hard candies	Protein powders	
WHITE grape juice	Non-pulp fruit ice	Juice with pulp	
WHITE cranberry juice			

If after reading this information you still have questions, please don't hesitate to call our office:

Downtown Office: **503-221-0161, ext. 2130**

Downtown Day Surgery: **503-221-0161, ext. 2196**

Tigard Medical Office: **503-293-0161, ext. 4053**

Alberty Surgical Center: **503-445-9066, ext. 4623**

### **FREQUENTLY ASKED QUESTIONS (GENERAL):**

I know I was told that you don't know what time my procedure is, but can you please tell me anyway? **No.** We are unable to provide specific times for patients and we encourage patients to wait for their pre-op phone call about a week prior to the scheduled procedure find out this information. The Surgery Center is accommodating if there are any special needs.

How long will the procedure take/how long will I be at the facility? The procedure itself takes about 10-15 minutes, however, plan on being at the Surgery Center for about 2.5 hours (time from check-in to check-out).

Can I drive myself home after my procedure? If you are not having sedation, you may drive yourself home. If you **ARE** having sedation, you may **NOT** drive yourself home and you **must** have a responsible adult take you home. Patients receiving anesthetic agents other than local anesthesia should be supervised in the immediate post-discharge period by a responsible adult for at least 12-24 hours.

What if I take a blood thinner like Coumadin, Warfarin or Plavix? If you are having sedation, we ask that you stop taking blood thinners **7 days prior to your procedure, or as directed by your doctor.** We will notify your coagulation clinic about your upcoming procedure and they will follow up with you. You may also contact them directly.

What if I take diabetes medications? If you are having sedation and are diabetic, take only half of your normal diabetic medication dosage the day night prior to and the morning of your procedure. Because you know your body better than we do, you should manage your blood sugar as needed or as directed by a physician. If you have a low blood sugar during office hours, call the Surgery Center. If you have a low blood sugar after hours, contact the physician on call (503) 221-0161.

What if I take blood pressure medications? You may continue taking your blood pressure medication normally unless it has a diuretic (water pill) included. Hydrochlorothiazide (HCTZ) is an example of a diuretic. **If you are taking a blood pressure medication with a diuretic, do not take the medication on the day prior to and day of your procedure.**

Why do I need to give notice to cancel or reschedule my procedure? Due to the required preparation for the procedure and as a courtesy to patients on the waitlist, we must ensure everyone has adequate time to prepare with the necessary food restrictions, transportation requirements, and lab work.

Who can I contact with any billing questions? Our Patient Accounts department can answer any questions you may have. You can contact them at 503-221-2189, option 1.

**2 DAYS BEFORE YOUR PROCEDURE:**

- Review all preparation instructions given from the office or on the enema box.

**1 DAY BEFORE YOUR PROCEDURE:**

- If you are receiving anesthesia/sedation, confirm your transportation to and from the Surgery Center.
- Adjust your medications as needed, see page 3.
- Make sure you are available by phone should your doctor's office or the Surgery Center need to contact you.
- Read through the Surgery Center policies and procedures and fill out any necessary forms.

**DAY OF YOUR PROCEDURE:**

- If you take nitroglycerin or have asthma inhalers please bring them with you to your procedure.
- Bring your insurance card and photo identification.
- Leave valuables at home.
- If you are having sedation, **NOTHING TO DRINK AFTER MIDNIGHT, INCLUDING WATER.**